

## Packaged by Mandara

### Pure Indulgence

2 hrs 20 mins

An exotic, luxurious and unforgettable celebration of indulgence. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath or Herbal Steam ~ Balinese Massage ~ Foot Massage or Refresher Facial.

### Ocean Detox Wrap

1 hr 50 mins

Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin. A foil wrap is used to encourage the elimination of toxins, while a scalp massage manages to seemingly cleanse your mind. After a detoxifying bath or steam shower, lie down, close your eyes and sink into heaven with a body massage using purifying blend of essential oils.

### Harmony

1 hr 50 mins

Immerse yourself in the spa experience with this exquisite package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath or Herbal Steam ~ Choice of Balinese Massage or Pure Nature Facial.

### Nirvana

80 mins

#### With Mandara Massage or Balinese Massage

Begin with a Floral Footbath, a symbolic cleanse to wash away the world and prepare your for total relaxation. Step into the steam shower – infused with a detoxifying concoction of aromatic oils, herbs and spices – enjoy herbal tea and cookies as you take time out to relax. Finally, enjoy a blissfully relaxing and rejuvenating massage of your choice.

### Relaxing

2 hrs

To leave you feeling relaxed and looking radiant. Aromatherapy Floral Footbath ~ Balinese Massage ~ Pure Nature Facial.

### Energising

2 hrs

A revitalising combination to invigorate both body and mind. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Coffee Body Scrub ~ Muscle Ease Massage.

### Spa Sampler

80 mins

Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

## Face of Mandara

### Pure Nature Facial

50 mins

Mandara Spa's signature facial is rich in enzymes that can peel away dead skin, antioxidant vitamins to protect and treat the cells from environmental (and self-included!) pollutants and natural oils for deep nourishment. We use only natural ingredients with no harmful preservatives or additives, relying on nature's life-force to restore equilibrium and deliver a vitamin and mineral burst to your skin. **Preserve** – a cleansing and rejuvenating facial for normal skin.

**Renew** – a fruit acid facial for treating environmentally damaged skin.

**Enrich** – a nourishing facial for dry or mature skin.

## Body of Mandara

### Mandara Massage

50 mins

Not to be missed, never to be forgotten. Our signature massage, performed by two therapists working together, is a unique blend of five different massage styles – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

### Balinese Massage

80 mins or 50 mins

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems. For jetlag recovery, choose our Tranquility massage oil blend.

### Warm Stone Massage

50 mins

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

### Indian Head Massage

50 mins

The shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxin. Using pure coconut oil, this treatment will also nourish the hair. Immensely pleasurable and rejuvenating.

### **Fancy Foot-work**

**50 mins**

The most blissful ride your feet will ever take you on. It's like reflexology without the 'ouch'. Based on the same therapeutic principles of its ancient ancestor, this foot massage will help to release toxins and restore your body's energy flow. And it feels like bliss at its celestial best.

### **Muscle Ease Massage**

**50 mins**

This deep tissue sports massage is an effective way to assist with muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.

## **More of Mandara**

### **Foot Spa**

**50 mins**

### **French Manicure**

**50 mins**

### **Hand Spa**

**50 mins**

These deluxe treatments includes an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail polish and a wonderfully relaxing hand and arm or lower leg massage. The Foot Spa also includes a rejuvenating foot mask.

### **Absolute Escapes**

**2, 3 or 5 days**

Enjoy daily indulgence with our multi-day packages. Every day offers a luxurious spa experience to make your stay unforgettably wonderful.

